

A Danger of EVP Recording : Nightly Intrusions : 11/3/2020

November 3, 2020

7:05 PM

Just a little follow up to the post I did yesterday where I described how I was attacked at night by this entity attachment, the one that calls herself Crystal. I was saying how this time I let my guard down. When I went to bed that night, I went for my bottle of sleep-aid and found that it was empty. I had completely forgotten that I had run out. I also mentioned that sometimes I've just had the feeling recently that I probably don't need to rely on sleep-aid as much these days to get me through the night. I said this in part because it's just been a very busy year for me at work, and I just feel exhausted more of the time as a result. I haven't had as many issues, problems and such at night this year compared to the other years since my attachment situation began in 2015...and the fact that I had an extremely busy year at work and when I go home I'm just probably a little more tired than usual,that could very well be a part of it.

Yet, the attack that I experienced the other night goes to show that I should at least keep some sleep-aid on hand. I'm still very much vulnerable without it. I'm not out of the woods yet by any means. I would certainly like to not have to be so reliant on it anymore. I would love to not have to take it at all. But, unfortunately Crystal still does not seem willing to let me just fall asleep in peace at night.

As I have said many times, practically every night as soon as I get into bed, there is some degree of activity taking place. Usually it's a combination of hearing the voices, especially her voice, and feeling the physical sensations. This is still occurring practically every night. I'm sure it's all intended as a disruption, but I do not consider it an outright attack every night.

There are occasions when things are definitely escalated, when the presence of the voices and the presence of the physical sensations are definitely intensified. There are occasions when it seems very much intentional, and that these entities are trying to prevent me from falling asleep. I consider these occasions being under attack.

What I experienced two nights ago was one such attack. It's true that I have not been experiencing as many attacks at night this year. Things were far worse last year, back in good old 2019. During the summer of 2019 is when I was experiencing the shout attacks practically every night. This is when I would hear a voice get right up to one of my ears or get right in my face and shout in a strong, powerful voice. Or sometimes, it seemed like a shout inside of my head. This was a very devious tactic to say the least, and it was very effective as well. I'm not sure if there's any good way around that one.

For some reason, Crystal has not been hitting me with as many of these shout attacks this year. I have experienced a few, and I got hit with one the other night. Actually, I observed that some of the shouts now are even more powerful, more intense than they were in 2019. I'm just not experiencing them as often anymore. I don't know why this is, but I'm not complaining either. Some things in this situation seem to stay the same, but in other ways, things seem to change from time to time. I would say that I'll go a stretch of time where I am being hit with a particular tactic, and then these entities will move on to something else. I suppose they want to keep me off balance.

Some of their tactics of disruption and manipulation are not as outward as a direct shout in one of my ears. New tactics can also come in the form of what I hear Crystal saying ...as far as the content of it goes. Every once in a while, she might start saying something new in some attempt to mess with my head. These new tactics may not be outwardly hostile in nature on the surface, but there's still a motive underneath. For example, recently she's been (allegedly) conveying to me what family members on the other side have had to

say about certain aspects of my life and this whole situation. On the surface, this isn't hostile really, she's alleging that she is conveying a message from a departed loved one. But, I think the angle here is to simply mess with my head.

I may sound very suspicious, but there's a good reason for that. Crystal has been telling me stories and lies and inconsistent things going back to the very beginning. She knows that I do not believe anything that she says at face value anymore, but I think that she still attempts to try and get me thinking about the things that she says sometimes. With her, it's certainly best not to listen at all, but if I do happen to hear something she's saying, I simply have to take it with a grain of salt. After all, it was when I stopped being effected by the things that I was hearing from these voices that really made a significant impact on my situation back in 2015.

When I stop believing them or even being effected by what I was hearing them say, it's like a large amount of their power was taken away. Yes, there is still the disturbance of simply hearing these intruding voices, but their impact on me was significantly diminished when I stopped placing any kind of meaning or importance to what I was hearing them saying. I simply grew tired of hearing the lies and all of the changing stories, and they would always change.....always.